

## ABSTRACT OF THE DISCLOSURE

Instruments and methods for inserting an intervertebral implant. Insertion of the implant is accomplished by grasping the implant between the arms of an insertion instrument having arms which separate from each other and close against each other onto the implant, such that the ends of the arms of the insertion instrument engage recesses of the implant. A spacer may be provided between the arms of the insertion instrument to help position the implant while held by the arms.